**SWEET POTATO-GINGER COCONUT BLISS BALLS {AIP, PALEO}**



You know I’m passionate about nutrients and cramming as many as possible into my meals right? You also know I love to write recipes for treats and desserts that are low, or even better NO, sugar? Ideally we’ll keep our consumption down to the bare minimum but it’s also important to be able to enjoy ourselves whilst we’re healing out bodies. So today I’m sharing a no-sugar sweet treat recipe that you can happily eat without railroading your progress.

Sweet Potato-Ginger Coconut Bliss Balls

Makes 20

for the bliss balls –

3/4 cup cooked, mashed sweet potatoes

1/3 cup [coconut butter](http://www.amazon.com/dp/B000WV153I/?tag=heafameat-20) (manna), melted

pinch crushed sea salt

1/2 tsp freshly grated ginger

1 cup finely shredded coconut

for the carob shell –

1/2 cup melted coconut oil

8 tbsp carob powder

topped with Himalyan salt and dusted with carob (optional)

Put the bliss ball ingredients into a food processor and blitz for a few seconds until it comes together to a paste. Using a tablespoon sized ice cream/cookie scoop, put the bliss balls onto a parchment lined tray and pop into the freezer to firm up.

Now make the carob shell. Melt the coconut oil and spoonful by spoonful, stir in the carob powder, making sure the mixture is smooth before incorporating the next batch. Continue until you have a good coating consistency. Drop the bliss balls into the carob mixture one by one and put back onto your tray whilst you do the others. Repeat the process (returning to the freezer briefly between coatings), making sure you sprinkle over the salt before the final coating dries or it will bounce straight off.

Put into the freezer to firm up for a couple of hours, then transfer to a container and keep in the fridge for storage.

